

NORTHAMPTON Recreation Programs



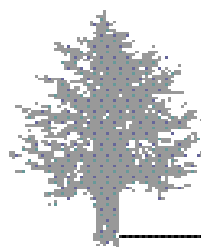
Spring/Summer 2006



Who's minding the house?

At Webber & Grinnell, we've built our agency on protecting your most valuable assets—your homes, your automobiles and your valuable possessions. We have access to the most stable and competitive companies available, so you can count on us to mind your house. Whether it's finding the right coverage for your unique property or guiding you through your first purchase of homeowners insurance—you can count on us.

At Webber & Grinnell, we put customers first. It's what we do best—take care of your interests. Find out what we can do for you, call us at (413) 586-0111. Webber & Grinnell. Stronger, competitive and committed to being the very best.



WEBBER & GRINNELL

I N S U R A N C E

8 NORTH KING STREET, NORTHAMPTON, MA 413-586-0111 WEBBERANDGRINNELL.COM

Welcome to the Northampton Recreation Department



Front Row: Ann-Marie, Chris, Shelby
Back Row: Ross, Eileen, Kathy, Sherry

RECREATION COMMISSION

Tom Parent, Chairman

Paul Waterman
Jacklyn Connly
Joan Finn
Michael Flynn

Carol Bertrand
Kevin Coffey
Michael Laga
Jay Gladden

STAFF

Ann-Marie Moggio, CPRP - Director
Shelby Michna, CPRP, CPO - Assistant Director
Sherry Wingfield, CPO - Aquatics/Facility Supervisor
Ross Krause - Recreation Supervisor
Kathy Weston - Recreation Supervisor
Eileen Wright - Department Secretary
Chris Kostek - Senior Clerk/Secretary

CPRP- Certified Park and Recreation Professional:

Certification is earned by education, work experience, and a written examination. The staff member maintains professional status by collecting a required number of Continuing Education Units every two years through attendance at conferences, workshops, and other sources.

CPO- Certified Pool Operator:

It is a program supported by the National Swimming Pool Foundation. This certification is earned through course work and a written examination. The staff maintains certification by attending various technical seminars.

Northampton Recreation is a proud member of :

- National Recreation & Park Association
- Pioneer Valley Park & Recreation Association
- Massachusetts Recreation & Park Association
- National Youth Sports Coaches Assoc. Chapter



Northampton Recreation Department
90 Locust Street
Northampton, MA 01060

Phone: 413-587-1040

Fax: 413-587-1044

Email: recreation@northamptonma.gov
Website: www.northamptonma.gov/recreation

Office Hours:
8:30am - 4:30pm

Aquatic & Family Center
Phone: 413-587-1046

Discover the benefits of recreation! tm

SUMMER FUN!

The Northampton Recreation Department offers a variety of summer programs for children entering kindergarten and up. Full day programs, "Safety Village", and "Sport Programs" offer recreational, athletic, and educational opportunities for the City's youngsters. All programs are directed by qualified and trained staff members. Check out the details to see which program suits your child's and family's needs.

For those choosing one of the summer programs at Look Memorial Park, our cooperative agreement with the trustees of Look Park require that ALL vehicles entering the park for drop-off or pick-up of program participants must have a current year entry sticker. Stickers may be purchased at Look Park only.

Registration for the Summer Programs is now in progress, residents have priority until April 7. Please note that there is a discounted fee for participants registering prior to May 5 in some programs. Financial assistance is available for the summer programs for Northampton residents on a limited first-come, first serve basis. Applications for financial assistance **must** be completed by May 19.

SUMMER PROGRAM DATES

Session A July 3 - July 14 (no program July 4)
Session B July 17 - July 28
Session C July 31 - August 11
Session D August 14 - August 18 (one week only)

SAFETY VILLAGE

For: Children ages 4 to 6 years old (must be 4 before 9/1/06)
Time: 9:00 - 11:30 a.m.
Dates: Sessions A, B, C - Not offered during Session D
Fee: \$85 prior to May 5, \$95 after
Residents of Northampton, Florence & Leeds have priority registration until April 7.
Location: Arcanum Field
Rain Site: Bridge Street School



Safety Village is an exciting program that introduces youngsters to everyday safety concerns and preventative procedures. Topics include stranger danger, fire safety, and much more! Each day of the program speakers from the Fire Department, Cooley Dickinson Hospital, etc. visit the program to speak with the youngsters on these very important issues.

Safety Village features a miniature replica of Northampton complete with streets and sidewalks. Children drive bicycles and Big Wheels through the village and walk the sidewalks to learn traffic and pedestrian safety first hand. The Northampton Lions Club came through with much of the financial support to provide this very vital part of the Safety Village Program.

Safety Village is a really fun program that teaches a number of powerful lessons. It is a must for your child !



ADVENTURES IN RECREATION

For: Youth entering grades 5 & 6
Days: Monday - Friday
Time: 8:30 a.m. - 4:30 p.m.
Dates: Sessions A, B, C, D
Location: Look Memorial Park
Rain Site: Aquatic and Family Center at JFK
Fee: A, B, C: \$170 prior to May 5, \$180 after
D: \$85 prior to May 5, \$95 after
please note there is no one week option

Extended Day: A,B,C: \$35/session D: \$18/session
(45 minutes of extended supervision prior to and/or after regular program hours)

Look Park Sticker: \$25 Northampton Residents
(required, available in person only - at Look Park)

Exciting adventures await participants eager for some summer fun! Based at Look Park, participants are introduced to many outdoor recreation activities such as hiking, bike trips, cooperative games, and more. The program also includes swimming at the Musante Beach, and two bus trips per session to different State Parks and Recreation areas in Western Mass.

“KIDZONE!”

For: Children entering grades 1-4
Days: Monday - Friday
Time: 8:30 a.m. - 4:30 p.m.
(half day and extended day options available)
Dates: Sessions A, B, C, D
Location: Look Memorial Park
Rain Site: Aquatic and Family Ctr. at JFK
Fee: A,B,C: \$145/two week session prior to May 5
\$155 after
\$95/half day or one week prior to May 5,
\$105 after
D: \$75 one week session prior to May 5,
\$85 after
\$50/ half day prior to May 5, \$60 after
Swim Lessons at AFC: \$15 AFC members, \$35 non-
members (not offered D)
Extended Day: A, B, C: \$35 session D: \$18/session
(45 minutes of extended supervision prior to and/or after
regular program hours)
Look Park Sticker: \$25 Northampton Residents
(required, in person only –at Look Park)

Spend the summer having fun with friends! This exciting day program features daily activities such as sports, arts and crafts, tons of games and special events. Plus kids enjoy swimming most afternoons at the Aquatic and Family Center at JFK Middle School or Musante Beach in Leeds!

Our participants are divided into two units based on age. Within the friendly confines of Look Park the program maintains a safe staff to participant ratio. Our staff works hard to schedule a full day of activities suitable for each age group.

Each week has a theme, and our Special Events include scavenger hunts, olympics, dress up days, crazy hat days and many more! In addition each child receives milk daily, a T-shirt and a hot dog roast on the last Friday of each session, all at no additional charge.

Each session, field trips, swim lessons, and the extended day option are available at additional charges. Field trips to local attractions of interest and special nature trips are also incorporated into each session. On rain days, bowling and roller-skating are scheduled and available for a small additional fee. All trips are fully supervised by staff members.

“KidZone!” offers something for everyone. This program is the ideal way for your youngsters to fill their summer days with fun, sun and friends!!



Affordable Fun!

TEEN EXPEDITIONS

For: Teens entering grades 7-10
Days: Monday-Friday
Dates: Sessions 1 through 7 (see descriptions below)
Time: 9:00 a.m. - 4:30 p.m. (some trips may vary)
Fee: \$115 prior to May 5, \$125 after
Location: Smith Vocational & Agricultural High School

Throughout the course of the summer participants will be exposed to a variety of outdoor recreational opportunities, which are designed to stimulate an appreciation for the outdoors. Examples of activities: Rock Climbing, Hiking, Biking, Tubing, Orienteering, Roller blading, Team Challenge Activities and more. Each week will include swimming at various locations. Teens can sign up for one week, several weeks or the whole summer.

Teens are encouraged to participate to their fullest in each and every week. Some activities may be more challenging than others, but fully trained and certified staff will assist. We will also ask for teen input into the schedules once the expeditions begin.

Sessions, Weeks & Expeditions

July 3-7:	Hiking and Climbing
July 10-14:	Mountain Biking and Swimming
July 17-21:	Navigation and Wildlife
July 24-28:	Bike and Blade
July 31-Aug 4:	Climbing, Hiking and Exploring
August 7-11:	Team Building and Leadership
August 14-18:	Wet and Wild Water



FILMMAKERS INK SUMMER PROGRAM

Join the Filmmakers Ink team of Award winning filmmakers and make magic. Students will receive expert filmmaking instruction in a fun and relaxing atmosphere.

Dates: August 21 - 25, 8:30 am-12:30 pm
Call the Recreation Department at 587-1040 for more information.

D
A
Y

P
R
O
G
R
A
M
S

SPORTS SKILLS & DRILLS PROGRAMS

One week half day programs to advance your skills in your favorite sports!

BASEBALL

For: Grades 2-10
 Days: Monday - Friday
 Time: 1:00 p.m.-4:00 p.m.
 Dates: July 10-14
 Fee: \$90, includes T-shirt
 Location: JFK Middle School
 Director: Mike Laga, Former professional Baseball player



HITTING SKILLS PROGRAM

For: Ages 10-13
 Days: Wednesday-Friday
 Time: 1:30-4:00
 Dates: July 5-7
 Fee: \$75 includes T-shirt (25 max)
 Location: JFK Middle School
 Director: Mike Laga

BASKETBALL

For: Grades 3-8:
 Days: Monday - Thursday
 Time: 12:30 - 4:00 p.m.
 Dates: July 24-27
 Location: Smith Voke High School
 Fee: \$90
 Director: Joe Mantegna, Jr., Head Coach, Blair Academy



SOCCER

For: Grades 2-7
 Days: Monday - Friday
 Dates: July 17-21
 Time: 9:00a.m.-12:00p.m.
 Location: JFK Middle School
 Fee: \$80
 Director: Brad McGrath, Jr., Former Hamp High Varsity Coach

www.northamptonma.gov/recreation

YOUTH TENNIS

USA TENNIS FOR KIDS (RALLYBALL)

For: Ages 5 - 7

Session 1 May 13- June 17 Saturdays 9:00-10:00am
 Session 2 July 10 - August 23 Mon. & Wed. 12-1:00pm
 Session 3 Sept. 9 - Sept.30 Saturdays 9:00-10:00am
 Fee: Session 1 \$40/\$45/\$50/\$55
 Session 2 \$75/\$80/\$85/\$90
 Session 3 \$35/\$40/\$45/\$50

Location: JFK Middle School

Director: Mike Kolendo

An introduction to the fun game of tennis. Plenty of games and exercises to develop coordination and basic racquet skills.



USA HOT SHOT TENNIS

For: Ages 8 - 13

Days: Saturdays

Time: 10:00 - 11:30 am

Dates: Session 1 May 13 - June 17

Session 2 Sept. 9 - Sept. 30

Fee: Session 1 \$50/\$55/\$60/\$65

Session 2 \$40/\$45/\$50/\$55

Location: JFK Middle School

Director: Mike Kolendo

Fundamentals of strokes and the game will be introduced through the use of games, drills, and fun contests. Ground strokes, volleys, and beginning service motion will be covered.

USA TENNIS SKILLS(1-2-3 and Team Tennis)

For: Ages 8 - 13

Days:

USA Tennis 1-2-3 Mon. - Thurs. 1:00-4:00pm

USA Team Tennis/Match Play, Friday 1:00-4:00pm

*Fee includes Monday - Friday participation

Session 1	June 26 - June 30
Session 2	July 3 - July 7 no class on July 4 th
Session 3	July 10 - July 14
Session 4	July 17 - July 21
Session 5	July 24 - July 28
Session 6	July 31 - Aug. 4
Session 7	Aug. 7 - Aug. 11
Session 8	Aug. 14 - Aug. 18

Cost:	Sessions 1 & Sessions 3 - 8	\$65/70/75/80
	Session 2	\$55/60/65/70

Location: JFK Middle School

See page 8 for tennis fee structure description

USA TENNIS NON-ELIMINATION TOURNAMENT

For: USA Tennis Skills Participants
Time: 1:00 pm - 4:00 pm
Dates: August 21 - 25
Fee: \$55/\$60/\$65/\$70
Location: JFK Middle School
Instructor: Mike Kolendo

Any student who participated in USA Skills program may sign up for this tournament. Participants will play full matches throughout the week. This program is dependent on a high level of participation. Each player will play one or two matches per day. Thus, they may not need to attend for all three hours. We'll provide this information prior to your arrival.

Private Lessons:

Mike Kolendo \$40 per hour

Contact the Recreation Department for scheduling

USA TEAM TENNIS LEAGUE

14-and-under Division and 18-and-under Division

For: Players interested in competitive tennis. Drills will focus on footwork, conditioning and competitive situations. Participants must be willing to play matches at both home and away sites.

This league (session 1) leads up to the Western Mass. State Tournament to be held on the weekend of August 12 & 13. A commitment for the entire weekend will be needed from a minimum of 4 boys and 4 girls in each age division.

Dates: June 27 – Aug. 13, Tuesday and Thursday, 4–5:30 pm
Aug. 15 – Sept. 21, Tuesday and Thursday, 4–5:30 pm

Practices will be at JFK Middle School on Tuesdays and Thursdays. Matches will be at Look Park or a visiting site on Wednesdays at 5:00pm. Matches end on August 13 but practices continue for session 2.

Cost: Session 1 \$77/80/90/100
Session 2 \$50/55/60/65

Location: JFK Middle School

See page 8 for tennis fee structure description

learn to play tennis ... fast!
TENNISWELCOMECENTER.COM

*Proud to Support
Northampton
Recreation
Department
Sport's Programs*



**EB EASTHAMPTON
SAVINGS BANK**
Easthampton • Southampton • Northampton
Hadley • South Hadley • Belchertown
Connecting All Offices (413) 527-4111
www.bankesb.com

Member FDIC

Member DIF

T
E
N
N
I
S

ADULT TENNIS

The Northampton Recreation Department is a nationally recognized Tennis Welcome Center. Welcome Centers specialize in fast track programs designed to have beginners playing quickly.

We follow three basic principals:

***Learn to play tennis fast**

***Get a good workout**

***Meet new people and have a great time**

The City of Northampton supervises the six tennis courts at the Aquatic and Family Center at JFK Middle School. The courts are monitored by Recreation personnel and are open mid-April through mid-October.

PASSES: A household tennis pass is required for the use of a court. Pass holders receive discounts on tennis programs and access to the courts during set hours. Passes are available at the Recreation Department. A resident household is a family that resides in Northampton, Florence or Leeds.

Pass Description	Type	Fee
Tennis-Resident Household	TRH	\$35
Tennis-Non-Res Household	TNRH	\$45

Meet our Tennis Director Mike Kolendo!



Mike is in his 11th year as our tennis director. He has over twenty years of teaching experience. He is a member of the USPTA (United States Professional Tennis Association) and currently serves on two national USTA training staffs.

He is the New England School Specialist on one of the training staffs. Get out on our courts and meet Mike!

Fee Explanations:

First Fee:	Resident with a tennis pass
Second Fee:	Resident w/o pass, or Non-resident with a tennis pass
Third Fee:	Non-resident adult working in the City or child in City school
Fourth Fee:	Non-resident

ADULT GROUP TENNIS LESSONS

For: Ages 16 and over

Schedule:

Monday & Wednesday

Sessions 1-4	5:30-6:30pm	USA Tennis 1-2-3
	6:30-8:00pm	USA Team Tennis/Round Robin
Session 5	5:00-6:30pm	USA Team Tennis/Round Robin

Tuesday & Thursday

Sessions 1-4	5:30-7:00pm	USA Team Tennis/Drills
Session 5	5:00-6:30	USA Team Tennis/Drills

Dates:	Session 1	May 1 - May 26
	Session 2	May 29 - June 23
	Session 3	June 26 - July 21
	Session 4	July 24 - Aug. 18
	Session 5	Aug. 28 - Sept. 22

Fee:	\$37 (res. with pass),
	\$40 (res. w/o pass & nonres. w/pass),
	\$45 (nonres. working in City),
	\$50 (nonresident)

Location:	JFK Middle School
Director:	Mike Kolendo



Class Descriptions:

USA Tennis 1-2-3: Beginner class focusing on basic strokes when beginning to play the game.

USA Team Tennis/Drills: A fast paced workout with lots of drills and games. Play situations, footwork, and strategy are stressed.

USA Team Tennis/Round Robin: 1.5 hours of Round Robin play. Doubles is emphasized but some singles may be played.

USA TEAM TENNIS LEAGUES

Dates:	Northampton Singles/Doubles Leagues
	Monday, May 15 – Monday, Aug 7

League fees:	Singles	\$12/17/22/27
	Doubles (per player)	\$ 6/10/15/20

Registration Deadline: Monday, May 1st

League Jamboree: The Jamboree is for players who want to play in the league but have not done so in the past. It allows us to see these people play and helps us properly place them in the league.

Jamboree Date: Saturday, April 29th 11:00am–12:30pm

Raindate: Sunday, April 30th 11:00am–12:30pm

Location: JFK Middle School

Financial Fitness for more than 133 years!



Partners in Our Hometown

Florence Savings Bank

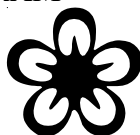
Florence • Northampton • Williamsburg • Hadley
Easthampton • Amherst • Belchertown

Connecting All Offices: 413-586-1300 or 800-644-8261

24-hour Account Access: 888-FSB-ACCT • TDD: 413-586-1309

SPRING FLING VACATION PROGRAM

For: Grades 1 - 5
 Days: Tuesday-Friday
 Time: 8:30 a.m. - 4:30 p.m.
 Dates: April 18 - 21
 Fee: \$65/week prior to March 30, \$75/after, \$25/day
 Location: Aquatic and Family Ctr. at JFK



This exciting vacation week program offers youngsters an excellent opportunity to spend their break having fun with friends. Activities include swimming, both indoor and outdoor games, arts and crafts projects, sports and special events. Children must bring a bathing suit, towel, and lunch.

SUMMER TRACK SERIES

For: Children entering grades 2-9
 Days: Fridays
 Time: 5:00-8:00 p.m.
 Dates: June 2, 9, 16, 23, 30
 Orientation Day: Tuesday, May 30th
 Location: Smith College
 Fee: \$33 one child, \$55 two children
 Registration Deadline: May 29 (specific form available at the Recreation Department, and on their website)



The Recreation Department and the Sugarloaf Mountain Athletic Club team up to sponsor this track program for boys and girls of all ability levels. Children will be placed on one of five teams and will compete in relay races and some open events. All participants will receive a team T-shirt.

GIRLS WHO GO!

For: Girls grades 6-8
 Days: Mondays & Wednesdays
 Time: 2:45-4:15p.m.
 Dates: April 10-June 7
 Location: JFK Middle School
 Instructors: Kristine Lynch & Darla Aron
 Cost: \$50 (includes T-shirt)

Get out, get fit, and have fun! This after-school running program is designed to work on basic skills, building endurance, and increasing confidence.

INTENSIVE FILMMAKING

For: Ages 11-15
 Days: Tuesdays
 Time: 5:30-7:00p.m.
 Date: May 2 - June 7
 Fee: \$125, plus \$25 materials fee (payable to instructor at first class)
 Location: Aquatic & Family Center
 Instructor: Patrick McCullough
 Lights! Camera! Action! Students will make several films while learning to tell stories using important principles of light and composition working collaboratively with actors. This course, like all *Filmmakers Ink* courses, is also designed to be effective for our more experienced students.



ACTING FOR FILM

For: Ages 11-15
 Days: Tuesdays
 Time: 5:30 - 7:00p.m.
 Date: May 2 - June 7
 Fee: \$125, plus a \$25 materials fee (payable to instructor at first class)
 Location: Aquatic & Family Center
 Instructor: Patrick McCullough

Prepare for the frenetic pace of a working film set. This course will focus on concentration and imagination, living truthfully within the stories being "told" on film. Students will spend increasing amounts of time in front of the camera as they prepare to act in their first films. This course, like all *Filmmakers Ink* courses, is also designed to be effective for our more experienced students.

YOUTH GOLF LESSONS

For: Ages 11-17
 Days: Saturdays
 Time: 9:30am
 Dates: June 3 - July 8, or July 15- August 12
 Instructor: Ray Millette, Golf Professional
 Fee: \$75 Residents/ \$85 Non-Residents
 Location: Meadowcrest Driving Range - Leeds



An inexpensive way to introduce yourself to the game of golf. Depending on class size and material being covered, class will be approximately one hour. Wear comfortable athletic clothing and non-slip shoes. Only one mid range (5, 6 or 7 iron) golf club is needed. If you don't have your own club, we may be able to supply one.

INTRODUCTION TO FENCING

For: Ages 10 - 18
 Days: Tuesdays & Thursdays
 Time: 6:00 - 7:00 p.m.
 Date: April 11- May 11 (no class 4/18 & 4/20)
 Fee: \$125
 Location: Northampton Fencing Center
 Instructor: Scott Tundermann

Wielding a sword is a very satisfying feeling, and when it comes with improved fitness and no risk of injury, it's even better. Fencing is a fun, strategic sport for the mind and body that anyone - age 10 to 70, tall or short, thin or wide - can enjoy. Join us for our introductory class and learn how to control distance and time, seize opportunities without hesitation, coordinate physical details and sophisticated strategy, and have a great time in the process.

Scott Tundermann has been an award-winning fencer and coach in the Pioneer Valley since 1992. He is the Head Coach at Smith College.

INTRO TO KARATE

For: Youth ages 5-11
Days: Youth M,W,Sat
Date: 6 weeks from time of registration
Fee: Youth - \$55.00
Location: Northampton Karate Dojo
Instructor: Jeffrey M. Brooks

This Okinawan style karate class is an excellent form of exercise combining self-defense, self-discipline, and stress reduction. The course is designed to fit into anyone's schedule. Participants register for a 6-week period that allows for total access to the schools schedule of classes. Call the Recreation Department for specific schedule information.

FALL YOUTH SOCCER

INTRODUCTION TO SOCCER

For: Kindergarten division, Boys & Girls grade 1 & 2
Days: Saturdays
Time: Mornings
Dates: September - October
Location: Look Memorial Park
Registration: Begins in June, please call for form, or check our website in June.

This is an instructional program run by the Recreation Department utilizing parent volunteers to teach the fundamentals of the game of soccer.

Registration deadline is early August.

For more soccer leagues, see paged with privately run leagues listings.

YOUTH SOFTBALL

INTRO TO SOFTBALL

For: Ages 6-8
Days: Saturdays
Time: 9:00 - 10:30 a.m.
Dates: April 29 - June 24 (8 sessions)
Fee: \$30 before March 30, \$35 after (nonresidents add \$10)

Location: Sheldon Field
Deadline for Registration: April 7

This is an instructional program run by the Recreation Department. Participants learn the fundamental skills of the game of softball including base running, throwing, catching and batting. Players may be pitched to by the coaches, or use a Tee. Volunteers are needed and those interested in coaching in the program are asked to contact the Recreation Department.

For more softball leagues, see page with privately run leagues listings.

YOUTH BASEBALL

PRE SEASON BASEBALL SKILLS TRAINING

For: Ages 7-12
Days: Tuesday - Friday
Time: 1:00pm - 4:00pm
Dates: April 18 - April 21
Fee: \$100 includes T-shirt
Location: JFK Middle School
Director: Mike Laga, Former Professional Baseball Player

LI'L T-BALL

For: Ages 4 & 5 (must be 4 as of 6/30/06)
Days: Saturdays
Time: 9:00-10:15am or 10:30-11:45am (varies each week)
Dates: April 29 - June 24 (8 sessions)
Fee: \$30 before March 30, \$35 after (nonresidents add \$10)

Location: Look Park Ball Fields
Deadline for registration: April 7

**Entry sticker for Look Park required*

This is a fun, instructional baseball program run by the Northampton Recreation Department. Players learn the fundamentals of the game in a fun atmosphere. Skills covered include throwing, catching, base running and batting. Volunteers interested in coaching in the Li'l T-Ball program are asked to contact the Recreation Department.

COACHES PITCH LEAGUE

For: Age 6 (must be 6 as of 6/30/06)
Days: Saturdays
Time: 9:00-10:15am or 10:30-11:45am (varies each week)
Dates: April 29 - June 24 (8 sessions)
Fee: \$30 before March 30, \$35 after (nonresidents add \$10)

Location: Look Park Ball Fields
Deadline for registration: April 7

** Entry sticker for Look Park required*

This is a fun, instructional baseball program run by the Northampton Recreation Department. Players learn the fundamentals of the game in a fun atmosphere. Skills covered include throwing, catching, base running and batting. All participants will be pitched to by their coach. Volunteers interested in coaching in the program are asked to contact the Recreation Department.

For more youth baseball leagues, see page with privately run leagues listings.

ADULT PROGRAMS

ADULT GOLF LESSONS



For: Ages 18 & over
 Days/Times: Fridays 5:00pm or Saturdays 10:30am
 Dates: Session 1: April 21- May 20
 Session 2: June 2 – July 8
 Session 3: July 14- August 12
 Session 4: August 18- September 23
 Location: Meadowcrest Driving Range, Leeds
 Fee: \$75
 Instructor: Ray Millette, golf pro since 1980
 These lessons are designed to enhance your golf skills whether you are a beginner or advanced golfer!
 Depending on class size and material being covered, class will be approximately one hour. Wear comfortable athletic clothing and non-slip shoes. Only one mid range (5, 6 or 7 iron) golf club is needed.

INTRO TO KARATE

For: Adults
 Days: 7 days a week; times vary
 Date: 6 weeks from the time of registration
 Fee: \$75
 Location: Northampton Karate Dojo
 Instructor: Jeffrey Brooks
 This Okinawan style karate class is an excellent form of exercise combining self-defense, self-discipline, and stress reduction. This course is designed to fit into anyone's schedule. Participants register for a 6 week period that allows for total access to the school's schedule of classes. Call the Recreation Department for specific schedule information.

CORE KINETICS!

Core.....torso, shoulders & hips, Kinetics....
 movement, dynamic activity

For: Ages 16 & up
 Days: Tuesdays
 Time: 5:30-6:30pm
 Dates: April 25 – June 13 (8 sessions)
 Location: Leeds Elementary School Gym
 Instructor: Karen Shippee, *MSPT*
 Cost: \$65.00 per person

Suggested Equipment: Foam Roll, Exercise Mat, Stretching Strap (can be purchased from the instructor, inquire when registering for class)
 Lengthen and strengthen your muscles in isolation and by using movement patterns that are common to home, work, recreational and competitive activities. This series of exercises will promote healthy posture, and improve your performance in the activities of your life. You will be encouraged to build a stable foundation, stand taller and move with greater ease....all while toning your tissues in preparation for summer!

DANCE

For: Adults
 (under 16 may join with permission from instructor)
 Dates: Wednesdays, April 12 – May 24
 Times: Swing 6:00; Latin 7:00;
 Argentine Tango 8:00
 Location: Bridge Street School
 Instructor: Jacqueline Maidana, teacher of social dance in the community for 15+ years
 Cost: \$72/person or \$120/couple

No partner is needed! Have you been watching Dancing with the Stars? Here's *your* chance to learn how to dance like a star! Choose from three different classes! Six Count Swing, Latin, or Argentine Tango.

ADULT SOFTBALL

These slo-pitch leagues are run by the Recreation Department. Teams register for the leagues and are placed in divisions based on skill level. Team entry fees are charged to cover all league operation costs. Call 587-1040 for league information and roster packet.

MEN'S SOFTBALL LEAGUE

For: Ages 16 & over
 Days: Weeknights & Sundays
 Dates: May - July
 Location: Maines Field, Riverside Drive
 Organizational Meeting: April 5th 6:30pm, Smith Voke
 Call 587-1040 for league information.



COED SOFTBALL LEAGUE

For: Ages 16 & over
 Days: Weeknights & Sundays
 Dates: May - July
 Location: various city fields
 Organizational Meeting: April 5th, 6:00pm Smith Voke
 Call 587-1040 for league information.

FALL MEN'S SOFTBALL LEAGUE

For: Ages 16 & over
 Days: Weeknights
 Dates: Early September - Mid-October
 Location: Maines Field
 Entry Deadline: Mid-August, contact Recreation Department for details



Boston Red Sox vs. Texas Rangers

Saturday, May 13, 2006

\$57 ticket - outfield grandstand - **SOLD OUT**

\$75 ticket - infield grandstand - **SOLD OUT**

We will be cruisin' to Boston to see our favorite Red Sox this summer! These trips are open to all ages, participants under 18 must have a parent/guardian with them. Our sport trips depart and return to Smith Vocational High School. We travel by motor coach, and each trip needs a minimum of 30 participants to go. Once you purchase a seat, the fee is non-refundable unless we cancel due to low enrollment.

New York City - Bronx Zoo

Saturday, May 13, 2006

\$60 per person

Salem, Massachusetts

Salem Witch Museum & Sightseeing

Sunday, October 29, 2006

\$64 per person

Call or email us to be placed on our trip mailing list.

STEP UP TO HEALTH! Community Kick off Festival

In conjunction with Northampton Day, (scheduled at Look Memorial Park on Saturday, May 20th,) we team up with various community agencies to offer healthy activities to participants. Northampton has been designated as an official 'Step Up to Health Community.' Check out www.northamptonma.gov/recreation for more details and a schedule.



JOIN US!

Check out these new and exciting day trips! These trips are open to anyone who is interested. Youth under the age of 18 must be accompanied by an adult parent/guardian. Bring money for lunch and/or dinner depending on the length of the trip. Prices Include Motor coach transportation, admission ticket and tour guide. Don't forget to bring your camera. Space is limited for all trips, so register early.

New York City - Museum Trips

Saturday, May 6, 2006



You can go visit any museum, or tour the Statue of Liberty and Ellis Island.

Prices Include Motor coach transportation, admission ticket and tour guide.

Museums:

Metropolitan Museum of Art \$60

Museum of Modern Art \$70

Statue of Liberty & Ellis Island Museum \$60

New York City- Radio City Music Hall

Don't miss the Christmas Spectacular with the famous Radio City Rocketts!

December 2006

Date & Price TBA



NORTHAMPTON KARATE

Classes Daily for Children & Adults

Mind • Body • Spirit • Personal Attention

BEGINNERS ALWAYS WELCOME

584-6139

Jeffrey M. Brooks, 7th Degree Black Belt, Director



**Northampton
Karate**

**The Cutlery Mill, 320 Riverside Drive
www.northamptonkarate.com**

PRIVATELY RUN LEAGUES

These leagues are not run by the Northampton Recreation Department. For questions or further information, please contact the people listed below.

FARM LEAGUE

Farm league is a coach pitch program for boys and girls ages 7-9. Placing fun and development over competition, no scores are kept in Farm League and there are no standings or playoffs. Games are played at RK Finn Ryan Road School.

LITTLE LEAGUE

Northampton Little League is for boys and girls ages 9-12 and is a traditional little league program, where players pitch to each other. Teams traditionally play two games per week.

JUNIOR LEAGUE

Northampton Junior League is designed for those 13-15 years old and provides greater competition than little league. Teams play other teams from surrounding communities.

These are board run leagues. For more information contact Northampton Little League P.O. Box 347, Leeds, MA 01053 or visit the website www.nhampl.org. A proof of identification is required for play. Registration began in February.

NORTHAMPTON GIRLS SOFTBALL

For: Grades 3-9
Time: Varies
Dates: Late April - Late June
Location: Sheldon Field
Fee: \$50 First child, \$25 additional children
League Contact: Don Spear: 584-3254
This is an organized fast pitch softball league. All registered players are placed on teams and through practices and games, work to develop softball skills. Direct all questions to league contact.

CAL RIPKEN BASEBALL LEAGUE

(Division of Babe Ruth)

This is a new league forming in Northampton for youth ages 8-12. It includes 6 weeks of spring training, regular season and optional play through July.

For more information email
hamripken@comcast.net

NORTHAMPTON YOUTH SOCCER ASSOCIATION (NYSA)

The primary goal of this volunteer association is to promote soccer as an enjoyable activity while developing fundamental skills needed to play the game. If you are interested in becoming a NYSA Board Member, please call the Soccer Coordinator Jeff Murphy at 584-5546

For: Grades 3&4, 5&6, 7&8
(boys & girls leagues, 3 divisions)
Dates: Late August - October
Fee: Varies- see form at Rec. Dept.
Location: Various fields throughout the City
Registration: Begins in June, accepted at the Recreation Department

Deadline is at the end of July

Other Spring/Summer Leagues:

Sandy Koufax/Mike Laga
Baseball League

Contact: David Hoose 413-586-1290

Mickey Mantle Baseball
Contact: David Hoose 413-586-1290

American Legion
Contact: Jim McNally 413-587-9264

Tri County
Contact: Fred Ciaglo 413-586-0782

Women's Softball
Contact: Mickey Gallagher 413-268-9231

Other Fall Leagues:

Suburban Football
Contact: Ed Zadworny 413-575-7875
www.nyfl.info

NORTHAMPTON GIRLS YOUTH LACROSSE

Three age groups by grade 7/8 Grade, 5/6 grade, 3/4 grade.

Contact Daniel Pepin 584-7886
www.northamptongirlsyouthlacrosse.com

NORTHAMPTON BOYS YOUTH LACROSSE

Contacts: Mike Abbatessa 413- 584-0261

DAVID B. MUSANTE, JR. BEACH

Season Passes (proof of residency must be shown at time of registration)

<u>Pass Description</u>	<u>Pass Type</u>	<u>Fee</u>	<u>Pass Description</u>	<u>Pass Type</u>	<u>Fee</u>
M. Family Resident	MFRP	\$60	M. Family Non-resident	MFNRP	\$70
M. Adult Resident	MAR	\$30	M. Adult Non-resident	MANR	\$40
M. Child Resident (under 16)	MCR	\$20	M. Child Non-resident	MCNR	\$35
M. Senior Resident 55+	MSR	\$20	M. Senior Non-resident	MSNR	\$35

A family consists of two legally married adults & dependant children, or single parent with dependant children living in the same household. There is a limit of six members on the family pass.
(residency and household members will be verified by City census)

Daily Individual Fees

\$3.00 Adult Resident
\$5.00 Adult Non-Resident
\$2.00 Child Resident - Under 16
\$3.00 Child Non-Resident - Under 16
\$2.00 Senior Resident
\$3.00 Senior Non-Resident



Season

Weekends only from Memorial Day weekend to June 25. From June 26 through Labor Day the beach will be open 7 days per week, weather/ staff permitting.

Hours: 10:00 a.m. to 6:00 p.m.

On Saturday, May 27 the David B. Musante, Jr. Beach will be open for its 16th season. Staff of trained, qualified lifeguards will be on duty to ensure a safe and enjoyable escape from the hot summer days.

Family Beach Day - Saturday, July 8 beginning at 11:00 am

Come build a unique sand castle, participate in a scavenger hunt & many games! Prizes will be awarded.
Call 587-1040 for details!



GOGGINS
real estate
www.gogginsrealestate.com

8 Main Street
Florence
413-586-7000

EGGstravaganza!

For: Ages 10 & under
 Date: Saturday, April 15
 Egg Hunt Time: 1:00 p.m., Age 2 & under
 1:15 p.m., Age 3 & 4
 1:30 p.m., Age 5, 6
 1:45 p.m., Age 7, 8
 2:00 p.m., Age 9, 10

Egg Hunt Fee: Free

Vehicle Entry Fee: Varies

Location: Look Memorial Park

Don't miss out on the popular EGGstravaganza! This year's "egg hunt" will include eggs with goodies inside. Bring a basket or bag to collect goodies. Arrive early, the times are sharp! For a small fee, there will be train rides with the bunny. Sponsored by the Recreation Department, Florence VFW, and Look Park.

FISHING DERBY

For: Ages 14 & under
 Date: Saturday, April 22
 Raindate: Sunday, April 23
 Time: 9:00 - 11:30 a.m.
 Fee: \$2 pre-registration, \$3 day of event
 (non-residents add \$1), plus Look Park vehicle entry fee (varies)



Location: Look Memorial Park

Cast away! The Mercantile Division of the Florence Civic and Business Association, the Recreation Department, and Look Park will again sponsor the Fishing Derby for youth. Participants will be put in divisions according to age. Prizes are awarded. Participants must provide their own equipment and bait.

NORTHAMPTON DAY

Date: Saturday, May 20

Time: TBA

Location: Look Park

A day honoring all Northampton Residents! In cooperation with Look Park there will be game and activities for youth and adults. All activities are free including picnic sites. Call the Recreation Dept. at 587-1040 or Look Park at 584-5457 for more details, or check the Recreation Department's website.

FAMILY BEACH DAY

For: All ages
 Date: Saturday, July 8
 Time: Beginning at 11:00am
 Location: Musante Beach
 Fee: Daily Admission/Membership
 Come build a unique sand castle, participate in a scavenger hunt & more. Prizes will be awarded!
 Pre-register by calling the Rec. Dept. or at the beach.



20th ANNUAL FINN GOLF TOURNAMENT

For: Adults of all ages
 Date: Saturday, June 3
 Time: Register for a tee time
 Location: Northampton Country Club
 Format: 5 person scramble (make your own team)
 Fee: TBA
 Registrations: Sat. May 13th, 9-11am at the Recreation Department

The 20th Annual Tournament dedicated to the memory of Robert K. Finn- the late principal of Ryan Road School. Contests, Prizes, and fun are featured in this 18 hole event. Proceeds from the event are used for scholarships for needy youth to attend recreation programs.



GRANDPARENTS ARE THE BEST!

Come join the Northampton Recreation Department while we celebrate Grandparents Day on Sunday, September 10th. Bring the kids and the grandkids down to Look Park and enjoy a day full of fun. Activities will include a scavenger hunt, bingo, games, and more! Some Look Park amenities are free. Call the Recreation Department at 587-1040 for more information.



**WHALEN
INSURANCE**

413 • 586 • 1000

Auto • Home • Business

Northampton Parks & Cemetery Division

The Parks & Cemetery Division of the D.P.W. maintains about 135 acres of recreational playing fields, 10 acres of water division grounds, 5 acres of city street parks, Musante Beach, and 2.6 miles of bicycle paths within the City of Northampton. They also maintain four City cemeteries with more than 50 acres, with responsibilities that include grave site preparation and other burial services with a grounds and maintenance program. Northampton's parks and recreational areas receive extensive use, which requires that a great deal of attention be given to maintaining these facilities. Please report any maintenance concerns to 587-1577.

NORTHAMPTON CONSERVATION COMMISSION

The Commission's mandate is to protect, acquire, educate about and manage natural resources, open space, and sensitive local resources. The Commission participates in developing the City's Open Space Plan and seeks to raise funds to purchase land or easements and development right to protect and preserve the natural resources of the City. For more information visit the City of Northampton's Planning Department website and click on open space. www.northamptonma.gov/opd

Earth Day 2006 -Vernal Pool Hike in the Sawmill Hills

Date: Saturday, April 22

Time: 9-11 am

Location: Meet at Avis Circle Trailhead

Cost: Free

Join members of the Northampton Conservation Commission and Friends of Sawmill Hills for a hike in the Sawmill Hills conservation area. Learn about the ecology of vernal pools while looking for fairy shrimp as well as salamander and frogs eggs.

Biodiversity Days 2006

Date: June 3-11

The Northampton Conservation Commission will be running a number of events including a hike at Arcadia Wildlife Sanctuary and a local Canoe Trip.

Contact the Recreation Department for more details this spring.

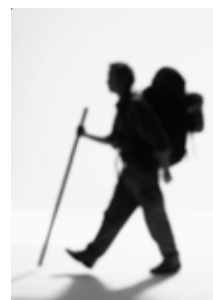
Northampton Council on Aging

587-1228

The Council on Aging is open on a daily basis Mon-Fri from 9:00-4:00. Services that are offered include: Friendly staff and informational resources; Lending library with books and books on tape; Computers and computer tutors; Games such as cards, chess, and billiard pool; Special interest groups such as sewing and knitting, creative writing, and a book club; Classes including Tai chi and Tap; Home repair program; Social worker and SHINE (health coverage) counselors available; Support groups such as "Kindred Spirits" for families who are raising the children of relatives; Off site programs include bowling, bocce, osteoporosis exercise, and a walking group; Monthly health clinics include: foot, blood pressure, and hearing. More detailed information is listed in the local newspapers' senior sections or stop in and visit us at 240 Main Street or www.northamptonma.gov/

NEW IDEAS????

Do you have a skill, craft or activity that you would like to offer to the public? Would your organization like to hold a fundraising event (dance, craft show, etc.)? Would you like to take bus trips with the Recreation Department? If you would like further information or to discuss program possibilities please contact the Recreation Department at 587-1040.



Czelusniak Funeral Home



Exercise, Eat Well, Stay Healthy

Jay Czelusniak • Bob Czelusniak

173 North Street
Northampton, MA

413-584-3585



Northampton Recreation Department AQUATIC AND FAMILY CENTER

Located at John F. Kennedy Middle School
100 Bridge Rd., Florence, MA 01062

Aquatic and Family Center: 587-1046
Northampton Recreation Department: 587-1040

SOMETHING FOR EVERYONE!

- * Six lane heated pool 3 1/2' - 13' depth
- * One meter diving board
- * 2 Court Gymnasium
- * Swimming lessons for children & adults
- * Water Aerobic Classes
- * Lap, Family and Youth Swim
- * Senior Swim
- * Swim Team and Diving program
- * Men's and Women's locker rooms with showers
- * 6 Tennis Courts
- * Fully accessible
- * Certified lifeguards
- * Pool Rentals & Parties
- * Volleyball
- * Basketball
- * Private Swim Lessons



NORTHAMPTON AQUATIC AND FAMILY CENTER

The Northampton Aquatic and Family Center (AFC), located at the John F. Kennedy Middle School, opened in October 1996. The Northampton Recreation Department in partnership with the Northampton School Department is pleased to offer community access to the facility. A wide variety of programs are offered year round during the hours that the school is not utilizing the facility. Our programs provide opportunities for individuals and families to participate in exercise and recreational programs in an exciting atmosphere!

AFC OFFICE HOURS

**Please enter through the rear of the building near
tennis courts**

Spring Hours

Monday - Friday 4:00 PM - 8:00 PM
Saturday & Sunday 10:00 AM - 5:00 PM

Summer Hours

Monday - Thursday 4:00 PM - 8:00 PM
Fridays 4:00PM-6:00PM
Saturday & Sunday 10:00 AM - 4:00 PM
schedule is subject to change

The AFC will be closed all day on: April 16 & 17, May 29,
July 4, August 28- September 5

Registrations and information are also available at the
Northampton Recreation Department Monday - Friday between
8:30 AM and 4:30 PM at 90 Locust St., Northampton, on the
grounds of the Smith Vocational High School, 587-1040.
www.northamptonma.gov/recreation

Scholarships

A limited number of scholarships for memberships are available. Scholarships do not apply to classes. Please ask a staff person at the pool or at the Recreation Department for an application. Applications are considered according to income guidelines on a first come, first served basis and are renewed yearly.

SESSION DATES

Spring sessions will run for 6 consecutive weeks with 1 week in between for makeup classes if needed. Summer will have one six week session.

Spring Session A
Spring Session B
Summer Session

March 27 - May 6
May 15 - June 24
July 3- August 12

Memberships

A membership entitles individuals and families to discounted rates for activities and classes, free tennis court use, free access to open swim, open basketball, etc., as well as discounted passes for the David B. Musante Beach in Leeds during the summer.

Annual Membership Fees

Resident Youth	\$65	\$45
Resident Senior	\$65	\$45
Resident Adult	\$110	\$80
Resident Family	\$215	\$130
Nonresident Youth	\$115	\$54
Nonresident Senior	\$115	\$54
Nonresident Adult	\$150	\$94
Nonresident Family	\$280	\$155

6 Month

Walk-in Daily Passes

Resident Youth/Senior	\$3
Adult Resident	\$4
Nonresident Youth/Senior	\$4
Adult Nonresident	\$5

* Guests of members receive a \$1 discount on their admission.

LAP SWIMMING RULES

Many options of Lap Swim times are available for free to members. Non-members are charged a walk-in fee. Lap lanes are available for adults (16 years or older). If a lane is empty, children may swim laps in the lane. When an adult arrives, though, the child must leave the lane. 1 swimmer uses the entire lane, 2 swimmers split the lane in half and stay on their own side. 3 or more swimmers will swim in circles, up one side of the lane and down the other. Please inform other swimmers when joining them. Kickboards and pull buoys are available for lap swimming. The pool schedule changes quarterly due to school usage. Schedules are available at the AFC at the Northampton Recreation Department or on the website. Schedules are subject to change.

The pool will be open for additional lap/
open swim 12-2pm on 4/18-4/21.

OPEN SWIM

Open recreational swim times are available for families & individuals at many times throughout the week. Usually 1/2 of the pool is available with the use of the diving board. See detailed schedule for open times at AFC or Rec Office.

Fee: Members: Free

Non-Members: See Walk-In Fees

**Check out the open/lap schedule at
www.northamptonma.gov**

Aquatic & Family Center Members
and Northampton Area Swimming
Members are entitled to 10% off a
membership at the Northampton
Athletic Club.

Most fees are listed in the order of Member / Non-Member / Non-Member, Non-Resident rates

FACILITY RENTAL FOR PARTIES

Treat your child to a birthday party, celebrate a sport season with the team, or schedule a swim day for a group just for the fun of it! The pool is available for rental. Please call to inquire about availability and fees.

Non-resident Fees

Some Recreation Dept. administrative and program costs are covered by Northampton tax dollars. Therefore, those who are not residents of Northampton, Florence, or Leeds are assessed an extra fee, unless otherwise noted.

To qualify as a resident, an adult must live or own property in Northampton, Florence, or Leeds. A child must live in the City.

TENNIS COURTS

The Recreation Department supervises the 6 courts at the Aquatic and Family Center. Recreation staff monitor the courts.

MEMBERS: Members of the AFC receive free access to the Aquatic and Family Center courts during designated member times. Please check in with desk staff at the AFC desk.

PASSES: A household pass is required for other use of the courts. Season Pass holders receive discounts on tennis programs and access during set hours. Passes are available for \$35 for Northampton resident households and \$45 for non-resident households. Fees are 1/2 price after August 1. Day passes are \$5.

Northampton Area Swim Team

Session: April 24th - end of July

www.naswim.org

An organized swim team program providing structured instruction, training, and competition for a wide range of ages and abilities. NAS is part of the United States Swimming organization and will provide an atmosphere where all can learn and excel in the sport of swimming. Coach Sherry Wingfield has over 20 years of coaching experience and has proven abilities to develop in athletes not only swimming skills, but leadership skills, values, team spirit, commitment, sportsmanship, and community-involvement. We welcome swimmers from the surrounding Western Massachusetts communities to join us for FUN, personal growth and improvement, and competitive success. The benefits of our team are endless . . .

Program Info (fees do not include US registration fee of \$55):

8 & Unders/Novice Swimmers Practice M/W/F 6:30-7:30 pm \$90/\$100/\$110
Minimum age of 6 (up to age 10), can swim one length each on front and on back

Age-Group Swimmers Practice M-F 7:00-8:30 pm \$130/\$140/\$150
Generally aged 9-12 with competitive experience (all strokes and IMs)

Senior Swimmers Practice M/W/F 6:30-8:30 pm, \$140/\$150/\$160
T/Th 7:00-8:30 pm
Generally aged 13 and Over with competitive experience (all strokes and IMs)

Registration is limited and on a first-come, first-serve basis.

Registration and Information sessions at the AFC:

- Tuesday 3/28 at 6:30 pm
- Sunday 4/2 at 3:00 pm
- Thursday 4/6 at 6:30 pm
- Sunday 4/23 at 3:00 pm



SWIM LESSONS

PARENT-CHILD LESSONS

For parents and children together. There is no age requirement, but children younger than one year require a doctor's note. This class is designed to develop a level of comfort in the water between parent and child. Basic skills are introduced. There is an emphasis on having an enjoyable experience. Gradual independence from the parent in the water is encouraged in preparation for the pre-level program. Flotation belts are provided.

PRE-LEVEL LESSONS

This class is designed for children 3-5 years of age. Flotation belts will be used with an emphasis on gradual reduction of belt size. This is a non-parent involved class, however, parents may observe.

Level 1 - Beginner no experience necessary, bubble not used

Level 2 - Some experience, makes a little progress swimming, will put the face in the water.

Level 3 - Can swim short distances in deep water, will put face in water, will jump into water.

Level 4 - Front Crawl with rotary breathing, backstroke, elementary back kick

Level 5 - Can dive in deep water, swim one length of pool, front crawl with rotary breathing, swim backstroke & elementary back kick.

More detailed level descriptions available at the A.F.C., Rec. Dept and on the website.

Summer Session Dates (All classes meet six times)

Tuesday/Thursday classes: 7/6-7/25 or 8/1 -8/17 (classes meet both days)

Saturday classes: 7/8 - 8/12 (classes meet on Saturdays only)

<u>Level</u>	<u>Session</u>	<u>Days</u>	<u>Time</u>	<u>Fee</u>
Parent/Child	Spring A & B	Sat.	11:00AM	\$20/\$44/\$54
	Summer	Sat.	11:00AM	\$20/\$44/\$54
Pre-Level	Spring A & B	Tue.	5:00PM	\$20/\$44/\$54
	Spring A & B	Sat.	9:30AM	\$20/\$44/\$54
	Summer	Tue./Thur.	4:00PM	\$20/\$44/\$54
	Summer	Sat.	9:30AM	\$20/\$44/\$54
Level 1 or 2	Spring A & B	Tue.	5:30PM	\$20/\$44/\$54
	Spring A & B	Sat.	10:00AM	\$20/\$44/\$54
	Summer	Tue./Thur.	4:30PM	\$20/\$44/\$54
	Summer	Sat.	10:00AM	\$20/\$44/\$54
Level 3	Spring A & B	Thur.	5:00PM	\$20/\$44/\$54
	Spring A & B	Sat.	10:30AM	\$20/\$44/\$54
	Summer	Tue./Thur.	5:00PM	\$20/\$44/\$54
	Summer	Sat.	10:30AM	\$20/\$44/\$54
Level 4 or 5*	Spring A & B	Thur.	5:30PM	\$20/\$44/\$54
	Spring A & B	Sat.	11:00AM	\$20/\$44/\$54
	Summer	Tue./Thur.	5:30PM	\$20/\$44/\$54
	Summer	Sat.	11:00AM	\$20/\$44/\$54

* Participants will add a 15 minute endurance swim to this class.

A

F

C

Most fees are listed in the order of Member / Non-Member / Non-Member, Non-Resident rates

PRIVATE SWIM LESSONS

Private and semi-private lessons are available for both children and adults. Please call the Recreation Dept., 587-1040, or the AFC, 587-1046, during office hours for available times and to schedule lessons.

Fees: \$18 / \$20/\$22 ½ hour for 1 person
 \$28 / \$32/\$34 ½ hour for 2 person
 \$33 / \$39/\$41 ½ hour for 3 people

DIVING

Session: Spring A
 Day: Wednesday
 Time: 3:30 - 4:15 PM
 Age: Ages 7 - 16
 Fee: \$21 / \$30 / \$40



Learn basic diving skills from a 1-meter springboard taught by experienced instructor, LuAnn Bierwert. This program is for anyone desiring to learn to dive or for the experienced diver looking for practice time to improve their skills. Register early, space is limited.

ADULT PROGRAMS

MEN'S & WOMEN'S ADULT OPEN BASKETBALL

Schedule subject to change

For: Ages 18 & up
 Sessions: Spring A & B
 Days/Times:
 Tuesday 7:00 – 9:00 PM **WOMEN**
 Sunday 10:00 AM – 12:00 PM **MEN**
 Fee: Members Free / \$2 / \$3
 Come take part in pick-up games.

OPEN VOLLEYBALL (COED)

Session: Spring A & B, Summer
 Day: Saturday
 Time: 12:00– 2:00 PM
 Fee: Members Free / \$2 / \$3
 One court for advanced players, one for intermediate/beginners

FREE COMMUNITY SENIOR SWIM

Sessions: All
 Days: Sunday
 Time: 11:30 AM - 1:00 PM
 FREE to all Seniors living in Northampton, Leeds & Florence. Come enjoy the water, socialize, exercise and make it a great day.

WATER AEROBICS

Spring A & B	Days	Time	Fee
	M, W, F	7:30 - 8:15 AM	\$31/\$47/\$57
	M, W	5:30 - 6:15 PM	\$21/\$37/\$47
	Tu, Th	6:00 - 7:00 PM	\$28/\$42/\$52
	Walk In Fee:		\$5/\$6/\$7

Summer

Two 4-week sessions

Session 1: June 26- July 21 (no class 7/4)
 Session 2: July 24 - August 18

Fee for each 4-week session

M, W	7:30 - 8:15AM	\$14/\$25/\$35
M, W	5:30 - 6:15PM	\$14/\$25/\$35
Tu, Th	6:00 - 7:00PM	\$19/\$28/\$38

These classes are excellent cardiovascular and muscle toning for adults. Certified Aquatic Exercise Association Fitness Instructors Deborah Bean and Chris Kostek instruct all levels. Working against the resistance of water enables you to stay fit while working at your own pace. All ages can participate together using a variety of aquatic exercise equipment in shallow and deep water. Flotation belts keep everyone afloat regardless of your swimming ability. Low impact with high resistance makes this an exciting form of adult exercise.

MASTERS SWIM CLUB

Days: Mon, Wed, Fri
 Time: 6:00 - 7:30 a.m.
 Fee: Quarterly memberships: \$70 \$122 \$132
 Yearly memberships: \$252* \$448 \$458
 Walk-in Fee: \$5 \$6 \$7

Whether you're interested in competition or just a good healthy workout, adults of all ages can practice with the assistance of their own coach. Emphasis on stroke refinement and cardiovascular training makes this club ideal for the adult swimmer.

Masters swimmers may purchase one or more quarterly membership at the beginning of each quarter (dates below). Yearly memberships can be purchased at the beginning of each quarter.

Quarter C: March 6 – June 2
 Quarter D: June 5 – August 25

***AFC 12 month membership required for this option**

GENTLE STRETCHING YOGA

Session: Spring A&B
 Day: Tuesday
 Time: 6:00 - 7:30 PM
 Fee: \$48 / \$60 / \$70



Increase mental clarity, concentration and focus as well as breathing techniques for balancing, energizing and relaxing. Instructor Sam Wilde leads this class designed to increase flexibility, and muscle tone in a peaceful and relaxing environment.

Most fees are listed in the order of Member / Non-Member / Non-Member, Non-Resident rates

LIFEGUARDING & CPR CHALLENGES

Schedule a Lifeguard/CPR challenge with us. Challenges will take place on Sundays by appointment only.

Lifeguarding: \$85/\$95/\$105
CPR/FPR: \$35/\$45/\$55

KNITTING

Date: Spring A & B, Summer
Day: Wednesdays
Time: 6-8:00 PM
Fee: \$30/35/45

Beth Altimari Parisson is a local instructor with 30 years experience. This project class will offer all basics for first time knitters as well as provide early & intermediate knitters with specific how-to's like buttonholes, turning a heel, finishing, multi-stranding.

AMERICAN RED CROSS LIFEGUARDING

Become a Red Cross Lifeguard. Course includes certification in CPR, First Aid and Lifeguard Training. Participants must be 15 years of age or older. Books & Materials included. Participants must attend all classes within session. Pre-class swim test required. Pre-registration is recommended, as space is limited. A waterfront module will be added to the end of the June session for an additional fee.

Session 1

Dates: April 22, 23, 29, 30
Days & Times: Saturdays & Sundays
8:00AM - 4:00PM

Session 2

Dates: May 6, 7, 13, 14
Days & Times: Saturdays & Sundays
8:00AM - 4:00PM

Session 3

Dates: June 10, 11, 17, 18
Days & Times: Saturdays & Sundays
8:00AM - 4:00PM



Fee: \$195/\$205/\$215



DAVID B. MUSANTE, JR. BEACH

Season Passes (proof of residency must be shown at time of registration)

Pass Description	Pass Type	Fee	Pass Description	Pass Type	Fee
M. Family Resident	MFRP	\$60	M. Family Non-resident	MFNRP	\$75
M. Adult Resident	MAR	\$30	M. Adult Non-resident	MANR	\$40
M. Child Resident (under 16)	MCR	\$20	M. Child Non-resident	MCNR	\$35
M. Senior Resident 55+	MSR	\$20	M. Senior Non-resident	MSNR	\$35

A family consists of two legally married adults & dependant children, or single parent with dependant children living in the same household. There is a limit of six members on the family pass. (residency and household members will be verified by City census)

Daily Individual Fees

\$3.00 Adult Resident
\$5.00 Adult Non-Resident
\$2.00 Child Resident - Under 16
\$3.00 Child Non-Resident - Under 16
\$2.00 Senior Resident
\$3.00 Senion Non-Resident



Season

Weekends only from Memorial Day weekend to June 25. From June 25 through Labor Day the beach will be open 7 days per week, weather/staff permitting.

Hours: 10:00 a.m. to 6:00 p.m.

On Saturday, May 27 the David B. Musante, Jr. Beach will be open for its 16th season. Staff of trained, qualified lifeguards will be on duty to ensure a safe and enjoyable escape from the hot summer days.

Family Beach Day - Saturday, July 8, beginning at 11:00 am

Come build a unique sand castle, participate in a scavenger hunt & many games!
Prizes will be awarded. Call 587-1040 for details!

Recreation Department - Office Hours

Monday - Friday 8:30-4:30 413-587-1040

www.northamptonma.gov/recreation

Registration: Complete the registration form. Be sure to include all the appropriate information for each participant. Cut out the registration form and enclose the correct fee. If using mail-in, drop slot or fax registration, be aware that you are registered unless we inform you otherwise. Registrations are accepted on a first come first serve basis.

Financial Assistance: Confidential applications may be made to the Recreation Department, if a hardship exists the applicant may be granted a reduction in fee at the discretion of the Recreation Staff. All participants are required to pay at least 50 % of the program fee.

Full Programs: Registration may be limited due to subject matter, space limitation and leadership ratio. If a program is filled, your name will be placed on a waiting list. If this happens you will be notified by phone and your payment will be returned.

Payment: Make checks payable to the City of Northampton. We accept VISA and MASTER CARD. Full payment must accompany your registration. The only exceptions are KidZone, Adventures in Recreation, and Teen Expeditions, in which 50 % of total balance must be paid at the time of registration. **All balances are due two (2) weeks prior to the start of the program.**

Inclement Weather: If programs are cancelled due to inclement weather, it will be announced on the Recreation Department's cancellation hotline, 587-1044 or listen to WHMP 1400am.

Refund Policy: All Refund requests must be made in writing to the Recreation Department.

Programs:

- A full refund will be given when a program/trip is cancelled.
- All requests must be submitted at least one week prior to the start of the program.
- There is a \$10 service charge for all refunds. If a program fee is less than \$10, 50% of the fee is charged.
- There are no refunds once a program begins.

Trips

- Refunds for trips will not be given unless one of the following occurs:
- The trip is cancelled.
- A replacement is found to take the trip.

Memberships

- Refunds will only be given in case of physical impairment. Proper medical documentation is required. Refunds are prorated from the day the membership was purchased to the day the request is received.

Please allow 4-6 weeks for your refund check to be processed.
Any programs with special policies void the preceding.

Non-resident Fees

Nonresidents will be accepted into the programs on a space available basis for an additional charge. Some Recreation Dept. administrative and programmatic costs are covered by Northampton tax dollars. Therefore, those who are not residents of Northampton, Florence, or Leeds are assessed the following extra fee, unless otherwise noted.

To qualify as a resident, an adult must live or own property in Northampton, Florence, or Leeds. A child must live in the City.

Non-resident adult participating in a program who works in N'ton, Florence, or Leeds: \$5

Non-resident child participating in a program who attends school in N'ton, Florence or Leeds: \$5
Nonresident: \$10

Not to exceed \$50/ family per program

Photographs of Activities:

Occasionally Northampton Recreation Staff will take pictures of our programs for use in our program guide. If you or any member of your family are a participant of a program and DO NOT wish to have a picture of you used, please contact our office at 587-1040 before the end of the program. By not contacting our office, you give permission for use of activity photos in Northampton Recreation Department's promotional material.

Brochure Changes: The Northampton Recreation Department reserves the right to change or alter information printed in this publication such as policies, fees, times or locations.

REGISTRATION FORM

ADULT 1

Adult (first) _____ (last) _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ Work Phone _____

ADULT 2

Today's Date: _____

Adult (first) _____ (last) _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____ Work Phone _____

Other than Parent

Emer. Contact _____ Phone _____

Emer. Contact _____ Phone _____

Household Members

	DOB	Grade	Age	School
	Entering Fall 2006			
Dependent 1 _____	M/F _____	_____	_____	_____
Dependent 2 _____	M/F _____	_____	_____	_____
Dependent 3 _____	M/F _____	_____	_____	_____
Dependent 4 _____	M/F _____	_____	_____	_____

Name of Participant	Name of Program	Session	Day	Basic Program Fee	Total Non-Res (if applicable)	Total Fee
---------------------	-----------------	---------	-----	-------------------	-------------------------------	-----------

KidZone & AIR Program Options

Extended Day Fee

One Week Fee
Indicate Dates- KZ Only

Half Day Fee
AM or PM KZ Only

Swim Lessons Fee
(KidZone Only)

Total

Session A					
Session B					
Session C					
Session D		notavail		notavail	

Pass Purchase

(Aquatic & Family Center or Musante Beach)

Pass Description

Pass Type

Total Fee

Total Due:

Office Use Only:

Amt. Received: \$ _____ Date _____ Staff _____ Entered _____
 Amt. Received: \$ _____ Date _____ Staff _____ Entered _____
 Amt. Received: \$ _____ Date _____ Staff _____ Entered _____
 Amt. Received: \$ _____ Date _____ Staff _____ Entered _____
 Amt. Received: \$ _____ Date _____ Staff _____ Entered _____

Charge my: ☐ Visa ☐ MC Card # _____ Expiration _____

Name on Card: _____ Signature of Card Holder: _____

City Facility Guide

Facilities maintained or managed by the City

Agnes Fox Playground	State St., Nton	Playground, basketball courts
Aquatic & Family Center	JFK Middle School	Public indoor pool, tennis courts, basketball
	Bridge Rd., Flo	www.northamptonma.gov/recreation
Arcanum Field	Bridge Rd., Flo	1 90', 1 60' baseball, tot playground, basketball courts, soccer, Safety Village
Community Gardens	Burts Pit Rd., Nton	400 Garden Plots, www.nohogardens.org
Maines Field	Riverside Dr., Flo	Lighted softball field, 4 sand volleyball courts, pavilion, bocce courts
Musante Beach	Reservoir Rd., Leeds	Public beach
Nton Bike Path	Florence to Nton	1.75 mile Bike Path, Look Park to State St.
Nagle Walkway	Downtown Nton	Walkway
Pulaski Park	Main St., Nton	Tot playground, benches
Sheldon Field	Bridge St., Nton	3 softball fields, 1 60' baseball, basketball courts, Park & Ride lot
Sojourner Truth Monument	Park & Pine St., Flo	www.noho.com/sojourner
Trinity Row	Main St., Flo	Benches
Veterans's Field	West St., Nton	1 90' Baseball, soccer, tot playground, basketball scheduled for renovation, date to be determined

City Public Schools with Amenities

Bridge St. Elementary	Bridge St., Nton	Playground
Finn Ryan Rd. Elementary	Ryan Rd., Flo	Playground, 5 baseball
Jackson St. Elementary	Jackson St., Nton	Playground, softball, lacrosse, basketball
JFK Middle School	Bridge Rd., Flo	Indoor pool, 1 90' baseball, 60' softball, soccer, basketball, tennis courts
Leeds Elementary	Florence St., Leeds	Playground, soccer, lacrosse
Northampton High	Elm St., Nton	90' baseball, 60' softball, soccer, football, lacrosse
Smith Vocational High	Locust St., Nton	Soccer, football

Other City Amerities not funded or managed by the City

Child's Park	N. Elm St., Nton	40 acres quiet recreation www.childspark.org , 413-584-1991
Look Memorial Park	N. Main St., Flo	150 acres, attractions, picnic sites, Garden House www.lookpark.org , 413-584-5457
Norwottuck Rail Trail	Damon Rd., Nton	9 mile bike path through Hadley to Amherst www.mass.gov/dcr
Three County Fairgrounds	Bridge St., Nton	www.3countyfair.com , 584-2237

www.northamptonma.gov/recreation

NATIONAL YOUTH SPORTS COACHES ASSOCIATION

For: Youth Sports Volunteer Coaches
Required for all Northampton Head Coaches
Days: Varies
Dates: Wednesday, April 12th
(baseball, T-ball & Softball)
Time: 6:00 pm
Location: Smith Vocational High School Library

NYSCA is a national organization which provides training for the city's legion of volunteer coaches in all sport areas. The Northampton Recreation Department serves as a recognized chapter of NYSCA and conducts clinics throughout the year to provide this very valuable training for over 300 of the city's youth coaches. Dates are scheduled for the certification of Baseball & Softball coaches.

The clinics are video taped presentations which cover topics such as the psychology of working with young athletes, the motivation of youngsters, and the care and prevention of injuries. Sport specific sessions include discussions on organizing practices and teaching offensive and defensive fundamentals. The NYSCA program is designed to educate our coaches to make youth sports in Northampton a fun and positive experience for all participating youngsters.

COMMUNITY GARDENS PROGRAM

New Gardener Registration

Date: Saturday, March 25
Time: 10:00 a.m. – 12:00p.m.
Location: Recreation Department



The Recreation Department coordinates the rental of approximately 400 garden plots for city residents at the former Northampton State Hospital grounds. Our gardeners' prime purpose is to get better-tasting and more nutritious food while saving money. The program inspires people to heighten social, educational, and neighborhood-beautification activities. Registration is limited.

MAINES FIELD FACILITY RENTAL

Maines Field, located on Riverside Dr. in Florence, offers the City a lighted softball field, four sand volleyball courts, two bocce courts and a pavilion. All are available for group rental at various fees. Rent by the hour or day, rent one or a combination of the three.

The bocce courts are available seven days a week to residents of all ages. Individuals or groups can reserve a court for three-hour sessions. Bocce balls are also available for rent. Call the Recreation Department at 587-1040 for details.

Employment Opportunities

The Northampton Recreation Department offers various job opportunities throughout the year.

Seasonal Program Leaders, Recreation Leaders, Youth Sport Supervisors, Scorekeepers, lifeguards, and Aquatic & Family Center staff are a few examples of positions that are available.

Call the Recreation Department office at 587-1040 to inquire about seasonal position openings. All applicants must be at least sixteen years old.

**Would you like to advertise in
this brochure?**

**Contact the Recreation
Department at 587-1040 for
details.**

GIVE THE GIFT OF RECREATION

Are you looking for a unique gift idea for that special someone? How about dance lessons, swim lessons or participation in any of our many youth programs. Give us a call and we'll design a certificate to meet your needs!

Thanks to all the volunteers!

We would like to extend a huge thank you to the hundreds of volunteers in our community and the thousands of hours they give to help make many of the programs successful and fun for the participants and community.

We couldn't do it without you!

City of Northampton
Recreation Department
90 Locust Street
Northampton, MA 01060

Presorted Standard
U.S. Postage Paid
Northampton, MA 01060
Permit #490
ECRWSS

RESIDENTIALCUSTOMER